

STI self-sample testing

What you need to know before doing your test

Public Health Scotland
Healthier Scotland
NHS SCOTLAND

How to take your STI test
HIV and syphilis

Blood

Public Health Scotland
Healthier Scotland
NHS SCOTLAND

How to take your STI test
Chlamydia and gonorrhoea

Rectal

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How to take your STI test
Chlamydia and gonorrhoea

Throat

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How to take your STI test
Chlamydia and gonorrhoea

Urine
Kit 1

Public Health Scotland
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How to take your STI test
Chlamydia and gonorrhoea

Urine
Kit 2

Public Health Scotland
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NHS SCOTLAND

How to take your STI test
Chlamydia and gonorrhoea

Urine
Kit 3

Public Health Scotland
Healthier Scotland
NHS SCOTLAND

How to take your STI test
Chlamydia and gonorrhoea

Vaginal

Public Health Scotland
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NHS SCOTLAND

Step 10



If asked to, fill out the details on the request form. Depending on where you live, the form might have been completed for you.

Step 11



Put your sample tube and completed request form into the specimen bag.

Returning your sample(s) for testing

Your kit will include a bag or a box to put your sealed sample(s) into.

Drop off



If you've been asked to return your sample(s) in person, put your sealed sample(s) into the bag or box provided and seal it with the sticker if there's one. You can then take it to a GP practice or health centre.

Post



If you've been asked to post your sample(s), put your sealed sample(s) into the bag or box provided and seal it with the sticker if there's one. You can then post it into any Royal Mail post box.

Free condoms

Free condoms are available in your area. To find out how to get them, visit nhsinform.scot/safersex



Translations

Easy read

BSL

Audio

Large print

Braille

For more information, or for translations and other formats:

nhsinform.scot/safersex
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Public Health Scotland

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NHS SCOTLAND

How to take your STI test
HIV and syphilis

Blood

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Public Health Scotland

Healthier Scotland

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How to take your STI test
Chlamydia and gonorrhoea

Urine
Kit 2

Public Health Scotland

Healthier Scotland

NHS SCOTLAND

Returning your sample(s) for testing

Your kit will include a bag or a box to put your sealed sample(s) into.

Drop off



If you've been asked to return your sample(s) in person, put your sealed sample(s) into the bag or box provided and seal it with the sticker if there's one. You can then take it to a GP practice or health centre.

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How to take your STI test
Chlamydia and gonorrhoea

Vaginal

Public Health Scotland

Healthier Scotland

NHS SCOTLAND

What's this test for?

This test is for HIV and syphilis.

Taking your own blood sample takes a little longer than getting it done at a clinic. This is normal and is nothing to worry about.

What's in your kit?

Contents may vary slightly

Sample tube

Wipes

Lancets

Plasters

Specimen bag

Request form

Eating, passing urine or having sex before taking the test will not affect the results.

How to take your blood sample

Watch our instruction video before taking the test: nhsinform.scot/STIselfsample

Step 1



Wash your hands with warm water for a few minutes to help with the blood flow. Dry them well.

Step 2



Unscrew the sample tube then put it upright on a table.

Step 3



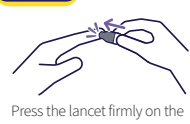
Clean the side of the index finger of your non-writing hand with a wipe.

Step 4



Twist and pull the coloured tip from the lancet. Hold the lancet in the hand you write with.

Step 5



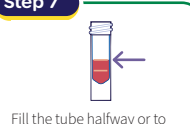
Press the lancet firmly on the side of your clean finger until you hear a click.

Step 6



Let blood drops fall into the tube, massaging your knuckle to help blood flow.

Step 7



Fill the tube halfway or to the second fill line if there's one. Using a new lancet, take blood from more than one finger if you need to.

Step 8



When finished, press hard on your finger to stop the bleeding and put a plaster on.

Step 9



Screw the lid back on tightly. Put used lancets in the bin.

If you cannot get enough blood, please do not send your sample back as it will not be valid. Please contact your local service for advice (see nhsinform.scot/sexual-health-clinics).

What's this test for?

This test is for chlamydia and gonorrhoea.

You can have these infections without symptoms. But they're easily cured with antibiotics.

What's in your kit?

Contents may vary slightly

Urine container

Sample tube

Pipette

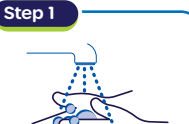
Specimen bag

Request form

How to take your urine sample

Eating or having sex before taking the sample will not affect the results. But please do not pass urine for an hour before doing the test.

Step 1



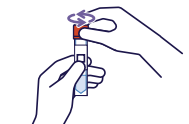
Wash and dry your hands before and after taking your test.

Step 2



Open the urine container and pass a small amount of urine into it.

Step 3



Unscrew the sample tube without spilling the liquid. If the tube lid has a foil insert, make sure not to touch it.

Step 4



Squeeze the top of the pipette to transfer the urine from the container into the tube until **halfway** up the window.

Step 5



Screw the lid back on tightly. Pour any leftover urine into the toilet and put the container and pipette in the bin.

Step 6



If asked to, fill out the details on the request form. Depending on where you live, the form might have been completed for you.

Step 7



Put your sample tube and completed request form into the specimen bag.

What's this test for?

This test is for chlamydia and gonorrhoea.

You can have these infections without symptoms. But they're easily cured with antibiotics.

What's in your kit?

Contents may vary slightly

Swab

Sample tube

Specimen bag

Request form

Eating, passing urine or having sex before taking the swab will not affect the results.

How to take your vaginal swab

Step 1



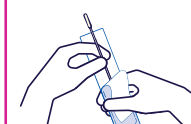
Wash and dry your hands before and after taking your test.

Step 2



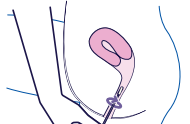
Unscrew the sample tube without spilling the liquid. If the tube lid has a foil insert, make sure not to touch it.

Step 3



Remove the swab from the packaging without touching the cotton end.

Step 4



Put the cotton end of the swab 5-7 cm inside your vagina and gently twist the swab for 15 seconds. Remove it without it touching the outside of your body.

Step 5



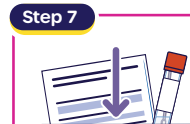
Put the swab into the tube, cotton end down, and snap it against the lip of the tube at the snap-line. Screw the lid back on tightly.

Step 6



If asked to, fill out the details on the request form. Depending on where you live, the form might have been completed for you.

Step 7



Put your sample tube and completed request form into the specimen bag.

1

2

3

1

2

3

1

2

3

STI self-sample testing

What you need to know
before doing your test



STI self-sample testing

Why we've sent you this kit

This kit is for you to test for sexually transmitted infections (STIs). You can have these infections without symptoms.

We've sent you this kit for one of these reasons:

- spoke to a member of our team who advised you test for these infections
- ordered a testing kit online
- were recently treated for an infection and we want to make sure the infection has gone

How long do infections take to show up?

Not all infections will show up straight after sex. It can take up to:

- 2 weeks for chlamydia and gonorrhoea
- 45 days for HIV
- 12 weeks for syphilis

Make sure you do the tests after these timings for accurate results. If you're not sure about the timings, you should do a test now and another test at a later date.

For more information, visit nhsinform.scot/STIsselfsample

Tips for taking your tests

Tip 1

Read the instruction leaflets for the tests.

Tip 2

You can take the samples at any time of the day.

Tip 3

If you have more than one test, do one at a time. Make sure each test is completed before moving onto the next one.

Tip 4

Check the containers to see what samples you should take from where.

General warnings

- Keep the kit out of reach of children.
- Do not pour the liquid in the sample tube down the sink.
- If you get any liquid from the sample tube:
 - in your mouth, rinse your mouth with water
 - on your skin, wash it with soap and water. If you notice any skin irritation or have an allergic reaction, get medical advice
 - in your eyes, wash your eyes with water for 15 minutes and get medical advice

Your results

How long will your results take?

Your results should be texted to you between 7 and 14 days after returning your sample(s). If they take longer than 14 days, phone your local sexual health clinic.

What if your tests are positive?

If any of your test results are positive (show that you have an infection) then your local sexual health service will usually contact you to arrange treatment. You might get a text to let you know to contact the service or they may phone you.

Find your local sexual health service at:

nhsinform.scot/sexual-health-clinics

Free condoms

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Translations



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How to take your STI test

HIV and syphilis

Blood

What's this test for?

This test is for HIV and syphilis.

Taking your own blood sample takes a little longer than getting it done at a clinic. This is normal and is nothing to worry about.

What's in your kit?

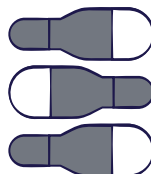
Contents may vary slightly



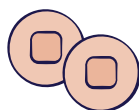
Sample tube



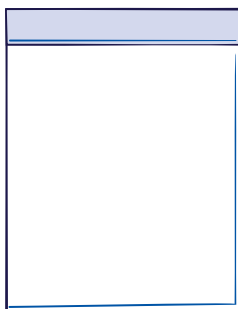
Wipes



Lancets



Plasters



Specimen bag



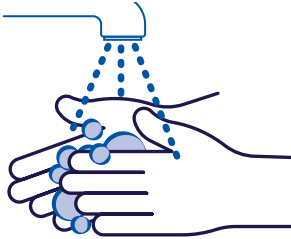
Request form

Eating, passing urine or having sex before taking the test will not affect the results.

How to take your blood sample

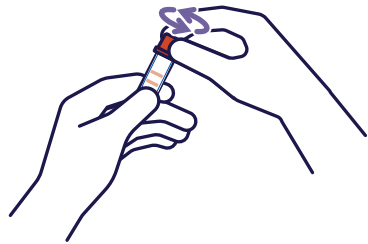
Watch our instruction video before taking the test: nhsinform.scot/STIselfsample

Step 1



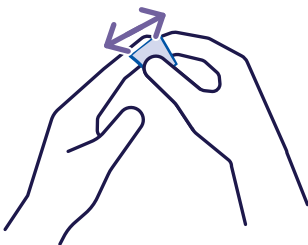
Wash your hands with warm water for a few minutes to help with the blood flow. Dry them well.

Step 2



Unscrew the sample tube then put it upright on a table.

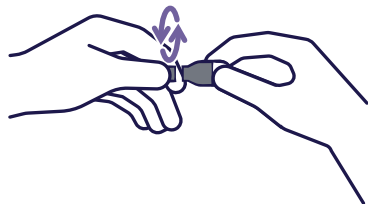
Step 3



Clean the side of the index finger of your non-writing hand with a wipe.

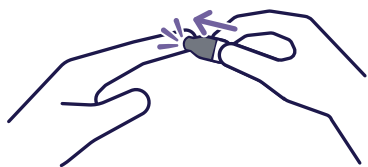
Shake your hand at waist level to help blood flow.

Step 4



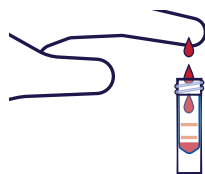
Twist and pull the coloured tip from the lancet. Hold the lancet in the hand you write with.

Step 5



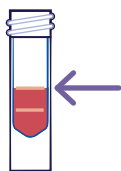
Press the lancet firmly on the side of your clean finger until you hear a click.

Step 6



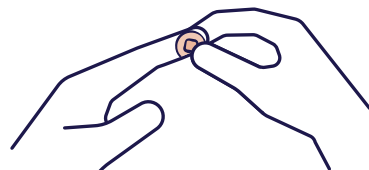
Let blood drops fall into the tube, massaging your knuckle to help blood flow.

Step 7



Fill the tube halfway or to the second fill line if there's one. Using a new lancet, take blood from more than one finger if you need to.

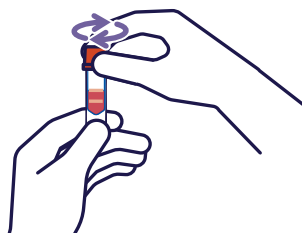
Step 8



When finished, press hard on your finger to stop the bleeding and put a plaster on.

If you cannot get enough blood, please do not send your sample back as it will not be valid. Please contact your local service for advice (see [nhsinform.scot/sexual-health-clinics](https://www.nhs.uk/inform/scot/sexual-health-clinics)).

Step 9



Screw the lid back on tightly. Put used lancets in the bin.

Step 10



If asked to, fill out the details on the request form. Depending on where you live, the form might have been completed for you.

Step 11



Put your sample tube and completed request form into the specimen bag.

Returning your sample(s) for testing

Your kit will include a bag or a box to put your sealed sample(s) into.

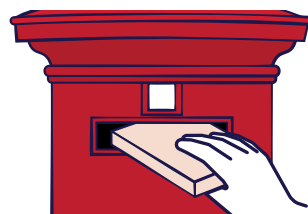
Drop off



If you've been asked to return your sample(s) in person, put your sealed sample(s) into the bag or box provided and seal it.

You can then take it to a GP practice or health centre.

Post



If you've been asked to post your sample(s), put your sealed sample(s) into the bag or box provided and seal it with the sticker if there's one.

You can then post it into any Royal Mail post box.

Free condoms

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Translations



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How to take your STI test

Chlamydia and gonorrhoea

Rectal



What's this test for?

This test is for chlamydia and gonorrhoea.

You can have these infections without symptoms. But they're easily cured with antibiotics.

What's in your kit?

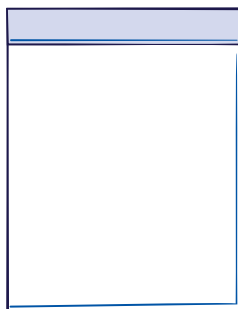
Contents may vary slightly



Swab



Sample
tube



Specimen bag



Request form

If you spill any of the liquid in the sample tube contact your local sexual health clinic. Find your local clinic at:

nhsinform.scot/sexual-health-clinics

Eating, passing urine or having sex before taking the swab will not affect the results.

How to take your rectal swab

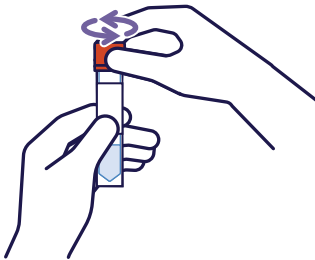
It's best to wait for a little while after you've done a poo before you take the swab so your rectum is empty.

Step 1



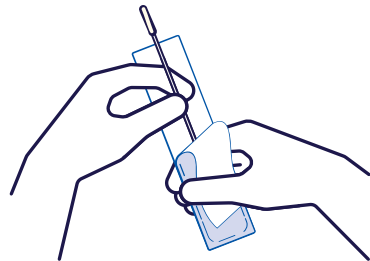
Wash and dry your hands before and after taking your test.

Step 2



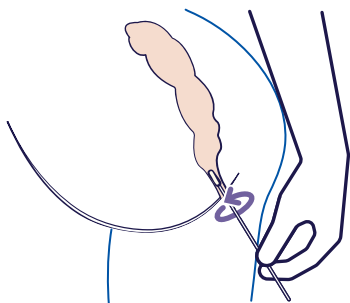
Unscrew the sample tube without spilling the liquid. If the tube lid has a foil insert, make sure not to touch it.

Step 3



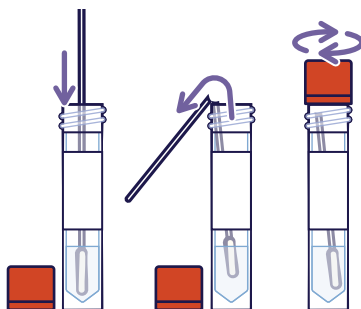
Remove the swab from the packaging without touching the cotton end.

Step 4



Part your buttocks and put the swab 2–3 cm into your rectum. Gently twist the swab on one side of the rectal wall for 15 seconds. Remove it without it touching the outside of your body.

Step 5



Put the swab into the tube, cotton end down, and snap it against the lip of the tube at the snap-line.

Screw the lid back on tightly.

Step 6



If asked to, fill out the details on the request form. Depending on where you live, the form might have been completed for you.

Step 7

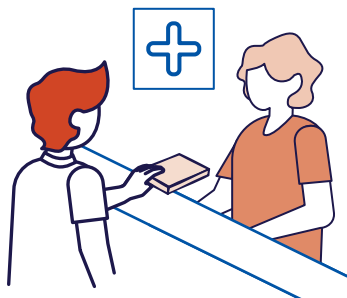


Put your sample tube and completed request form into the specimen bag.

Returning your sample(s) for testing

Your kit will include a bag or a box to put your sealed sample(s) into.

Drop off



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Post



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How to take your STI test

Chlamydia and gonorrhoea

Throat

What's this test for?

This test is for chlamydia and gonorrhoea.

You can have these infections without symptoms. But they're easily cured with antibiotics.

What's in your kit?

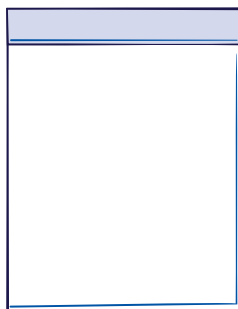
Contents may vary slightly



Swab



Sample tube



Specimen bag



Request form

If you spill any of the liquid in the sample tube contact your local sexual health clinic. Find your local clinic at:

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Eating or having sex before taking the swab will not affect the results.

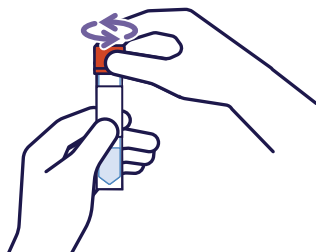
How to take your throat swab

Step 1



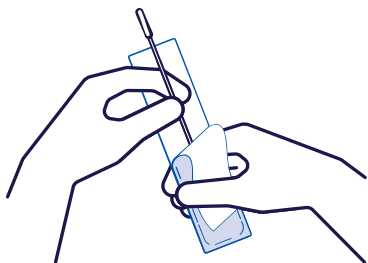
Wash and dry your hands before and after taking your test.

Step 2



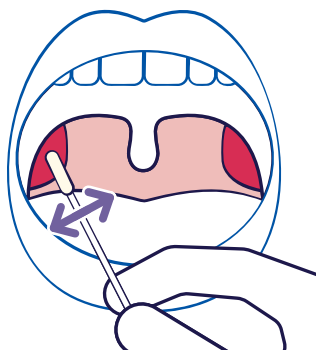
Unscrew the sample tube without spilling the liquid. If the tube lid has a foil insert, make sure not to touch it.

Step 3



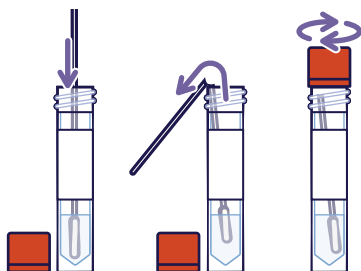
Remove the swab from the packaging without touching the cotton end.

Step 4



Twist the swab firmly against the back of your throat for a total of 15 seconds. Do this several times on both sides. Try not to let the swab touch anywhere else.

Step 5



Put the swab into the tube, cotton end down, and snap it against the lip of the tube at the snap-line.

Screw the lid back on tightly.

Step 6



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Step 7

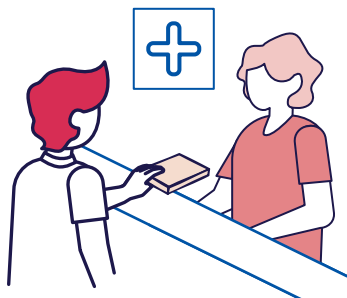


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How to take your STI test

Chlamydia and gonorrhoea

Urine

Kit 1

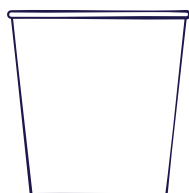
What's this test for?

This test is for chlamydia and gonorrhoea.

You can have these infections without symptoms. But they're easily cured with antibiotics.

What's in your kit?

Contents may vary slightly



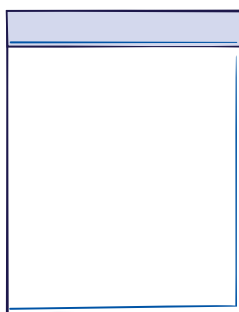
Urine container



Sample tube



Pipette



Specimen bag



Request form

If you spill any of the liquid in the sample tube contact your local sexual health clinic. Find your local clinic at:

nhsinform.scot/sexual-health-clinics

How to take your urine sample

Eating or having sex before taking the sample will not affect the results.

But please do not pass urine for an hour before doing the test.

Step 1



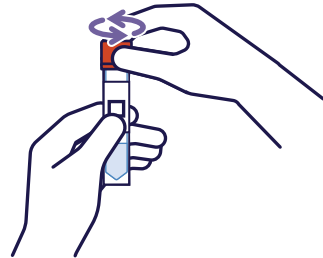
Wash and dry your hands before and after taking your test.

Step 2



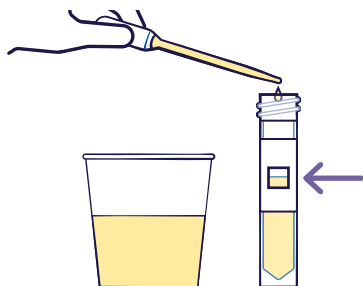
Open the urine container and pass a small amount of urine into it.

Step 3



Unscrew the sample tube without spilling the liquid. If the tube lid has a foil insert, make sure not to touch it.

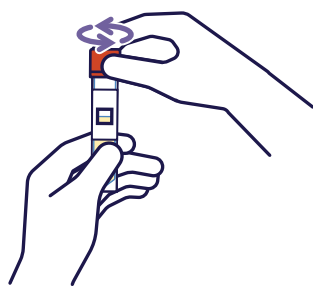
Step 4



Squeeze the top of the pipette to transfer the urine from the container into the tube until **halfway** up the window.

The sample cannot be tested if it's over or under filled.

Step 5



Screw the lid back on tightly. Pour any leftover urine into the toilet and put the container and pipette in the bin.

Step 6



If asked to, fill out the details on the request form. Depending on where you live, the form might have been completed for you.

Step 7



Put your sample tube and completed request form into the specimen bag.

Returning your sample(s) for testing

Your kit will include a bag or a box to put your sealed sample(s) into.

Drop off



If you've been asked to return your sample(s) in person, put your sealed sample(s) into the bag or box provided and seal it.

You can then take it to a GP practice or health centre.

Post



If you've been asked to post your sample(s), put your sealed sample(s) into the bag or box provided and seal it with the sticker if there's one.

You can then post it into any Royal Mail post box.

Free condoms

Free condoms are available in your area. To find out how to get them, visit nhsinform.scot/safersex



Translations



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How to take your STI test

Chlamydia and gonorrhoea

Urine

Kit 2

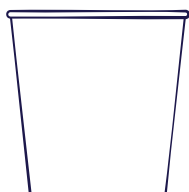
What's this test for?

This test is for chlamydia and gonorrhoea.

You can have these infections without symptoms. But they're easily cured with antibiotics.

What's in your kit?

Contents may vary slightly



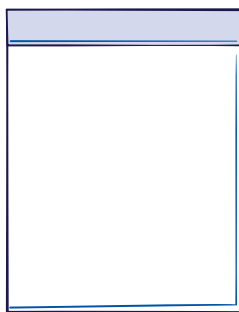
Urine container



Sample tube



Pipette



Specimen bag



Request form

If you spill any of the liquid in the sample tube contact your local sexual health clinic. Find your local clinic at:

nhsinform.scot/sexual-health-clinics

How to take your urine sample

Eating or having sex before taking the sample will not affect the results.

But please do not pass urine for an hour before doing the test.

Step 1



Wash and dry your hands before and after taking your test.

Step 2



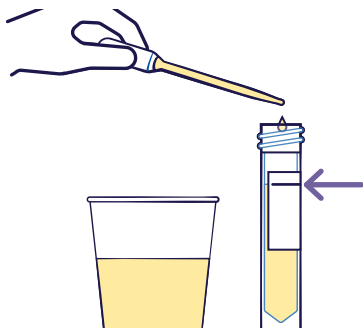
Open the urine container and pass a small amount of urine into it.

Step 3



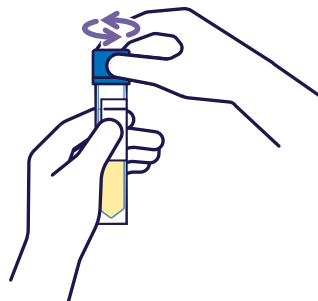
Unscrew the sample tube without spilling the liquid. If the tube lid has a foil insert, make sure not to touch it.

Step 4



Squeeze the top of the pipette to transfer the urine from the container into the tube until it **reaches the line** at the top of the label.

Step 5



Screw the lid back on tightly. Pour any leftover urine into the toilet and put the container and pipette in the bin.

Step 6



If asked to, fill out the details on the request form. Depending on where you live, the form might have been completed for you.

Step 7



Put your sample tube and completed request form into the specimen bag.

Returning your sample(s) for testing

Your kit will include a bag or a box to put your sealed sample(s) into.

Drop off



If you've been asked to return your sample(s) in person, put your sealed sample(s) into the bag or box provided and seal it.

You can then take it to a GP practice or health centre.

Post



If you've been asked to post your sample(s), put your sealed sample(s) into the bag or box provided and seal it with the sticker if there's one.

You can then post it into any Royal Mail post box.

Free condoms

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How to take your STI test

Chlamydia and gonorrhoea

Urine

Kit 3

What's this test for?

This test is for chlamydia and gonorrhoea.

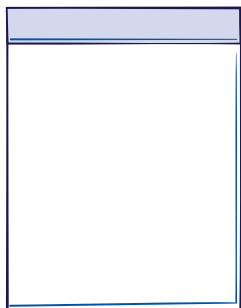
You can have these infections without symptoms. But they're easily cured with antibiotics.

What's in your kit?

Contents may vary slightly



Sample tube



Specimen bag



Request form

Contact your local sexual health clinic if you have any questions about your kit. Find your local clinic at:

nhsinform.scot/sexual-health-clinics

How to take your urine sample

Eating or having sex before taking the sample will not affect the results.

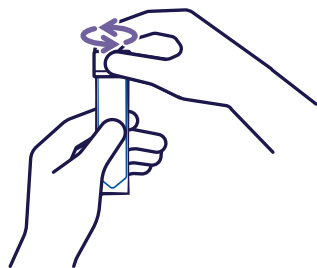
But please do not pass urine for an hour before doing the test.

Step 1



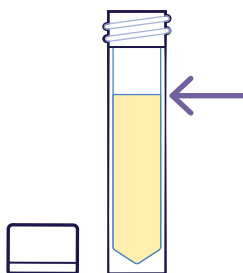
Wash and dry your hands before and after taking your test.

Step 2



Unscrew the sample tube.

Step 3



Pass urine into the sample tube until it **reaches the line**. If there's no line, fill until **three-quarters full**.

Step 4



Screw the lid back on tightly.

Step 5



If asked to, fill out the details on the request form. Depending on where you live, the form might have been completed for you.

Step 6



Put your sample tube and completed request form into the specimen bag.

Returning your sample(s) for testing

Your kit will include a bag or a box to put your sealed sample(s) into.

Drop off



If you've been asked to return your sample(s) in person, put your sealed sample(s) into the bag or box provided and seal it.

You can then take it to a GP practice or health centre.

Post



If you've been asked to post your sample(s), put your sealed sample(s) into the bag or box provided and seal it with the sticker if there's one.

You can then post it into any Royal Mail post box.

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How to take your STI test

Chlamydia and gonorrhoea

Vaginal

What's this test for?

This test is for chlamydia and gonorrhoea.

You can have these infections without symptoms. But they're easily cured with antibiotics.

What's in your kit?

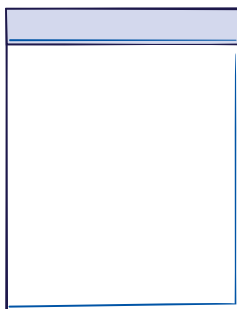
Contents may vary slightly



Swab



Sample tube



Specimen bag



Request form

If you spill any of the liquid in the sample tube contact your local sexual health clinic. Find your local clinic at:

nhsinform.scot/sexual-health-clinics

Eating, passing urine or having sex before taking the swab will not affect the results.

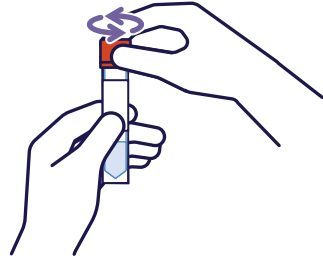
How to take your vaginal swab

Step 1



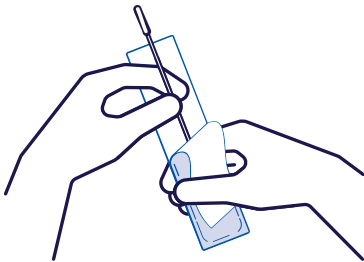
Wash and dry your hands before and after taking your test.

Step 2



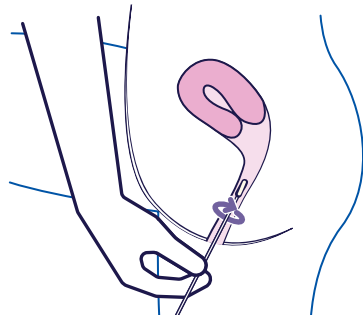
Unscrew the sample tube without spilling the liquid. If the tube lid has a foil insert, make sure not to touch it.

Step 3



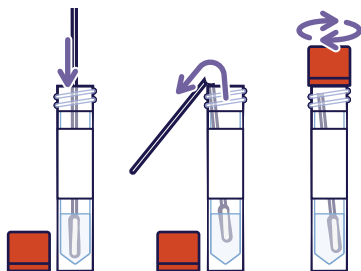
Remove the swab from the packaging without touching the cotton end.

Step 4



Put the cotton end of the swab 5–7 cm inside your vagina and gently twist the swab for 15 seconds. Remove it without it touching the outside of your body.

Step 5



Put the swab into the tube, cotton end down, and snap it against the lip of the tube at the snap-line.
Screw the lid back on tightly.

Step 6



If asked to, fill out the details on the request form. Depending on where you live, the form might have been completed for you.

Step 7

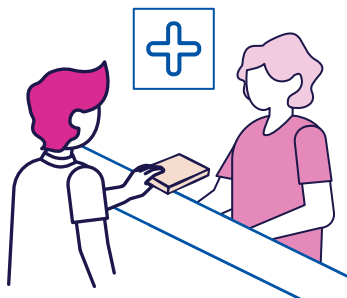


Put your sample tube and completed request form into the specimen bag.

Returning your sample(s) for testing

Your kit will include a bag or a box to put your sealed sample(s) into.

Drop off



If you've been asked to return your sample(s) in person, put your sealed sample(s) into the bag or box provided and seal it.

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Post



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